



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09245, Peaches, dehydrated (low-moisture), sulfured, stewed**

**Report Date: June 30, 2017 19:27 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 242g
<b>Proximates</b>					
Water	g	62.04	2	--	150.14
Energy	kcal	133	--	--	322
Energy	kJ	556	--	--	1346
Protein	g	2.01	--	--	4.86
Total lipid (fat)	g	0.42	--	--	1.02
Ash	g	1.39	--	--	3.36
Carbohydrate, by difference	g	34.14	--	--	82.62
<b>Minerals</b>					
Calcium, Ca	mg	16	--	--	39
Iron, Fe	mg	2.26	--	--	5.47
Magnesium, Mg	mg	23	--	--	56
Phosphorus, P	mg	66	--	--	160
Potassium, K	mg	554	--	--	1341
Sodium, Na	mg	4	--	--	10
Zinc, Zn	mg	0.32	--	--	0.77
Copper, Cu	mg	0.202	--	--	0.489
Manganese, Mn	mg	0.170	--	--	0.411
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	6.8	2	--	16.5
Thiamin	mg	0.008	2	--	0.019
Riboflavin	mg	0.060	2	--	0.145
Niacin	mg	2.030	2	--	4.913

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 242g
Pantothenic acid	mg	0.356	2	--	0.862
Vitamin B-6	mg	0.054	2	--	0.131
Folate, total	µg	3	2	--	7
Folic acid	µg	0	--	--	0
Folate, food	µg	3	2	--	7
Folate, DFE	µg	3	--	--	7
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	20	2	--	48
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	396	2	--	958
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.045	--	--	0.109
16:0	g	0.040	--	--	0.097
18:0	g	0.006	--	--	0.015
Fatty acids, total monounsaturated	g	0.154	--	--	0.373
16:1 undifferentiated	g	0.003	--	--	0.007
18:1 undifferentiated	g	0.151	--	--	0.365
Fatty acids, total polyunsaturated	g	0.204	--	--	0.494
18:2 undifferentiated	g	0.199	--	--	0.482
18:3 undifferentiated	g	0.005	--	--	0.012
20:4 undifferentiated	g	0.001	--	--	0.002
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.006	--	--	0.015
Threonine	g	0.079	--	--	0.191
Isoleucine	g	0.058	--	--	0.140
Leucine	g	0.114	--	--	0.276
Lysine	g	0.065	--	--	0.157
Methionine	g	0.048	--	--	0.116
Cystine	g	0.016	--	--	0.039
Phenylalanine	g	0.063	--	--	0.152

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 242g
Tyrosine	g	0.052	--	--	0.126
Valine	g	0.109	--	--	0.264
Arginine	g	0.051	--	--	0.123
Histidine	g	0.037	--	--	0.090
Alanine	g	0.120	--	--	0.290
Aspartic acid	g	0.335	--	--	0.811
Glutamic acid	g	0.305	--	--	0.738
Glycine	g	0.070	--	--	0.169
Proline	g	0.084	--	--	0.203
Serine	g	0.093	--	--	0.225
<b>Other</b>					